



# ANNUNCIATION CATHEDRAL HERALD



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JANUARY 2011

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## CATHEDRAL'S STEWARDSHIP 2011 CAMPAIGN WELL UNDER WAY!



"Suddenly there was with the angel a multitude of the heavenly host praising God and saying 'Glory to God in the highest, and on earth peace, goodwill toward men.'" (Luke 2:13-14) Shown above are some of our "angels" who appeared in the Sunday School Christmas pageant on December 19. (Photo by Natalie Schrik)

The last three Sundays of November, as well as on December 5, we heard four members of the 2010-2011 Cathedral Stewardship Committee share some of their thoughts and experiences on stewardship and their relationship with the Lord. We must say, all their remarks were excellent and very inspiring. The applause at the end of each of these four speeches was well-deserved. December 5th marked Stewardship Sunday. Parishioners deposited their 2011 Stewardship Pledge

Cards into the collection basket, thus signaling their support for the Cathedral and its ministries for the New Year. We invite everyone who has not yet done so, to forward your 2011 Stewardship Pledge Card. We would very much appreciate your doing so by January 20th, so that we may include your name(s) in our honor roll of stewards, which will be appear in our February *Herald*.

Now, how much one gives is entirely up to the giver. That is, it's up to each of us how we understand the concepts of stewardship and sacrificial giving. What we have learned is that being a faithful steward means sharing what we believe He has given us. We offer back to God our time, talents and treasure, which the Lord has freely given to us in abundance. How much is that? In essence, everything. Think of the widow of Scripture, who gave her "farthing," that is, everything she had. Does God want each of us to liquidate our assets and give everything to the Church? Assuredly not. But, God wants us to put everything we have to good use, to the feeding of our families, to caring for others who are not members of our family, to supporting the Church, other institutions that do good, even taking care of ourselves. In the end, when we leave this earth, we take absolutely nothing of a material nature with us. We leave everything behind. The criteria of judgment are simple: how much good did we do during our time on earth? This is at the heart of stewardship.

## STEWARDSHIP REFLECTION BY S. CHRISTOPHER KYRIACOU, DR. NIKOLAS STATHOPOULOS AND PERRI TSOUGARAKIS NAGER

On Sunday, November 14, Gus Vouchilas, a member of the Parish Council and Chairman of the Cathedral's Stewardship Committee, set the tone for the 2011 Stewardship Campaign by offering the first of four "sermons" about stewardship. This was followed on November 21, with remarks by S. Christopher Kyriacou, a member of the Parish Council and a member of the Cathedral's Stewardship Committee. The third took place on November 28, when Dr. Niko Stathopoulos, also a member of the Parish Council and a member of the Cathedral's Stewardship Committee, spoke.

The fourth one took place on December 5 (Stewardship Sunday), when Perri (Tsougarakis) Nager, likewise, a member of the Parish Council and the Cathedral's Stewardship Committee, spoke of her experiences and her faith. As noted, at the conclusion of each of the four "sermons," the congregation broke into a resounding round of applause. Gus Vouchilas' remarks were printed in the December *Herald*. The texts of the next three speakers' remarks are being reprinted in this issue of the *Herald*, again, for your edification. Please read through them; they are all excellent.

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1: Chris Kyriacou's remarks: To me, this is the most appropriate time of year to discuss Stewardship and really think about it... We are in the season of Thanksgiving and we offer gratitude to God as a nation and as individuals for all of his blessings and love for us.

What is Stewardship? We need to ask ourselves that question. Stewardship is giving praise and thanks to the Lord for all the blessings that the Lord has bestowed upon us – our Time, Talents and Treasure. The three Ts of Stewardship. Everything we have is a gift from God – our abilities, special talents, material comforts. Stewardship is an expression of thankfulness to the Lord by giving back.

But it is even more than that. Stewardship is putting our faith into action. Stewardship is bringing Christ into our entire life. Stewardship is making a commitment to the Lord and to the Cathedral. A commitment to worship, to attend the divine liturgy and to pray regularly, a commitment to be an active part of the Cathedral community giving of our time and talent, and, yes, a commitment to give back a portion of the treasure God has given us - a financial commitment.

So how do we accomplish this? Time is a precious gift given to us by God, and today's world is a fast-paced, time-consuming place. Our jobs, families, personal commitments, and sleep consume the 24 hours we have in a day. We never seem to have enough time. We can give our "time" to the Lord by devoting time to our families and friends, by reading the Bible, by making time to attend the Divine Liturgy and participate in the Sacraments, by volunteering countless hours working at the Festival, by visiting and assisting

others in need, by being missionaries to teach others about our faith.

We were all created to be different in our abilities and talents so that we might help each other. God designed it that way to bring us together as a community. We can give of our "talents" by serving as a Sunday School teacher, singing in the Choir, teaching Greek dancing, coaching a basketball team, taking a leadership position as a member of the Parish Council or the Philoptochos, by cooking and serving a delicious meal at a Sunday luncheon. Whatever our talents, we are called by God to share them.

It would be wonderful if we could rely on our time and talents alone to sustain to our Cathedral, but we also need to give of our treasures. We utilize our time and talents, which God has given us to earn our treasure. It is therefore fitting that we give a fair portion of our treasure back as thanksgiving to God. In the New Testament, Saint Paul writes, "He who sows sparingly shall reap sparingly, and he who sows bountifully shall reap bountifully. So let each give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver." (2 Corinthians 9:6-7) We should give of our treasure cheerfully.

I'd like to share a story that illustrates the three T's of Stewardship. I'd like to tell you about Maria. Maria was an 85 year-old woman who grew up in a small village in Greece. Like many Greek immigrants, she came to this country not knowing a word of English. For many years, she worked long hours first in a restaurant and then as a seamstress. She was married to a very hard-working and loving husband, and they had three wonderful sons whom they adored. When

## PARISH COUNCIL RESULTS

**E**lections for Parish Council took place on Sunday, December 19, following the Divine Liturgy. While there were seven vacancies (eight members of the fifteen-member body were elected to a two-year term in 2009), only five people ran. They were **Patricia Aleck, George Ambadiotakis Ambus, James Peter Dariotes, Dean Nicolakakis, and Nicholas J. Rally.** Sixty-eight votes were cast. The votes they received were 66, 64, 60, 60 and 63, respectively.

## OATH OF OFFICE ON JANUARY 9

**A**s noted above, on December 19, parishioners of the Annunciation Cathedral cast their votes for members of the Parish Council whose terms begin January 1, 2011 and conclude December 31, 2012. These individuals will join the eight who were elected last year to the fifteen-member Parish Council and will serve a two year term.

Because the first Sunday of January coincides with the New Years Day weekend, the oath of office will be administered on Sunday, January 9, at the conclusion of the Divine Liturgy. Immediately following, the entire Parish Council will convene and elect its officers for 2011. Since there were seven vacancies, but only five candidates, the Parish Council will then appoint two individuals from among the members of the Parish who are in good standing, in order to fill all seven vacancies. The terms of the appointed members will, likewise, end on December 31, 2012.



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the youngest was only 7, Maria's husband passed away suddenly and Maria was left to raise three boys on her own. Being a single mother of three on a limited income was quite a challenge. Yet Maria had faith in the Lord. She worked two jobs to provide for her family, and she lovingly brought her three boys to church every Sunday and made time every week to make the *prosforo* and bake *koulourakia* for coffee hour, because she loved the Lord and her church and was committed to it. And she would often walk to work to save the bus fare so she would have money for the collection tray on Sunday. And after her sons grew up and moved away, Maria continued making *prosforo*, and baking *koulourakia*, and would set aside a portion of the small social security check she received each month to make her financial commitment to the church. Maria was a truly committed Steward in every sense, giving cheerfully of her time, talents and treasure.

On Stewardship Sunday, we will be called upon to express our thanksgiving and gratitude to God. In this season of Thanksgiving, we should be reminded that the Lord made the ultimate sacrificial gift for us. As the Gospel writer St. John tells us, "God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life." (John 3:16) God gave, by setting the ultimate example, and encourages us to experience the joy of giving. He asks us to give in order to continue his work on earth by supporting his Church. We must make our own sacrifice and give back a portion of the gifts we have received from God in a showing of thanksgiving and appreciation. stewardship is an opportunity to examine our priorities and values, to express our thankfulness, to give of ourselves, and

to participate in the work of the Lord. Come and See God work through your talents, skills and experience. Come and see what the Cathedral can do with your support. We should give back to the Lord and the church, not according to our means but according to our love for Him. We should strive to be like Maria and give cheerfully and out of love.

Become an active part of the Annunciation community. Make a commitment of your time, your talents and your treasure and you will experience the true meaning of Thanksgiving. May God bless you all.

2. Dr. Stathopoulos' remarks: Good morning Father Steven, Father Gregory, Deacon Niko and fellow parishioners and happy belated-Thanksgiving Day! On behalf of the Stewardship Committee and my own family, I would like to thank you for giving me the opportunity to speak to you all today.

I want to start off with an interesting story I came across while reading about the history of our Orthodox faith. The story tells of Ivan the Great who ruled Russia as Czar in the 15th century. After the fall of Constantinople in 1453, Ivan the Great proclaimed Moscow as the Third Rome, or in other words the legitimate successor to Constantinople. Ivan was indeed a great warrior and conqueror of kingdoms but he had no heir to his throne. At the suggestion of Pope Paul II (1469), who hoped to bind Russia to the Catholic Church, Ivan wedded Sophia Zoe Paleologina, the niece of the last Byzantine emperor Constantine XI. Frustrating the Pope's hopes of re-uniting the two faiths, the Byzantine princess endorsed Orthodoxy, further legitimizing Ivan's connection to Constantinople.

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## PARISH VASILOPITA ON JANUARY 9

**A**s is known, January 1 marks the Feast of the Circumcision of our Lord as well as the Feast of St. Basil the Great. Accordingly, the Divine Liturgy of St. Basil the Great is celebrated, beginning at 10 a.m. In addition, a special bread, known as *Vasilopita* (St. Basil's bread), is baked and distributed to the members of the household. This tradition dates to the 4th century, when St. Basil, Archbishop of Caesarea (in Asia Minor) placed coins and other valuables in bread and distributed the bread anonymously to the poor and also to girls in need of a dowry. (The dowry system, whereby the family of the bride provide the material means for the maintenance of a household, including a house, livestock and property, is still practiced in some parts of the world today.) On Sunday, January 9, the Cathedral will celebrate the *Vasilopita*, through the efforts of the Cathedral Ladies Philoptochos. The monies raised support St. Basil's Academy and other philanthropies. Everyone is invited to this wonderful event, which will take place in the Cathedral's Korinthias Hall, following the Divine Liturgy.

## IF YOU ARE HOSPITALIZED

**F**or some years now, area hospitals no longer maintain records based upon one's religious affiliation. Therefore, if a priest goes to a hospital to visit a parishioner, he has no way of knowing whether another member of the parish is also at the same hospital, unless he is informed. If you, or if anyone you know, are hospitalized and wish to be visited by one of the Cathedral clergy, kindly let us know by calling the Cathedral, at 415 864-8000.



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To reinforce his commitment to the Orthodox church and to his new Greek wife, Ivan and 500 of his most elite soldiers were baptised into the orthodox faith shortly before the wedding in 1469. It is said that just before the priests immersed the soldiers (**in water**), each man took out his sword, held it high above the water, and allowed the priest to baptize everything but his sword arm. This has become known as "The Unbaptized Arm" in Orthodox Christian lore.

I found this story very applicable to the plight of the young rich ruler that we read about in today's gospel reading. We all want the freedom to leave a part of ourselves "unbaptized". Consequently we are tempted to hold back a part of ourselves for fear of losing status according to the world's values. The world's measures of success are alluring... and so we hold back part of ourselves... from God. In how many households have personal and family calendars been held out of the water for fear that our church life just might necessitate some changes in our priorities? How many skills and talents are unbaptized? How many unbaptized checkbooks? Aren't we tempted to devote to God only those aspects of our lives that are convenient or aren't in any way costly? We need to examine our own lives to see how faithful we have been as stewards of what God has given to us. The rich young ruler is a warning to people who want a Christian faith that does not change their values or upset their lifestyle. Jesus does not command every seeking sinner to sell everything and give to the poor, but He does put His finger of conviction on any area in our lives about which we are dishonest to Him. Wealth, as in this case, gave the rich young ruler a false sense of success and security, and when people are satisfied or content with themselves, they feel no need for God.

So what does stewardship really mean as an Orthodox Christian. It means giving yourself to Christ, by participating in the Sacramental Life of the church and by giving of your Time, Talent and Treasure; all of which require commitment. The Christian approach to life is that we should invest our lives for the good of others and the glory of God. Life IS A stewardship, and we must use our God-given

opportunities and gifts faithfully. One day we must give an account to the Lord of what we have done with all He has given to us, so we had better heed what Jesus is trying to say with the young rich ruler and his true commitment.

But the sad reality is that much of our understanding, definition and practice of stewardship are shaped by our culture and society. We grow up and live in a society where material advancement and personal pleasure are the number one goals. The purpose of life, our culture tells us, is personal satisfaction. This cultural perspective on the purpose of life shapes our thinking about the faith, and we all bring it into the Church. It shapes our understanding of stewardship, among other things, because it is the exact opposite of what Christian stewardship is all about. We are persons created in the image and likeness of God, and we were created to be stewards in the most responsible and productive way. The message of our culture, that our sole purpose is to "live la dolce vita," live the good life is counter to our true purpose as Christians. Stewardship is the golden thread that runs through and holds the Christian life together. We need a Renaissance of true stewardship and it begins with us, the Church body, today!

I will leave you with my yearly Messenian nugget of wisdom. My uncle who also is a priest in Kiparrisia once told me, *O Kleftis lei, Afto pou einai diko sou, einai diko mou, tha to arpaxo. O egoistis lei, Afto pou einai diko mou, einai diko mou, tha to kratiso. O Christianos lei, Afto pou einai diko mou einai Doro Theou, tha to miraso!!*

Let me translate into English, The thief says, "What's yours is mine—I'll take it!" The selfish man says, "What's mine is mine—I'll keep it!" But the Christian must say, "What is mine is a gift from God—I'll share it!" So, starting today, let us examine and focus on the aspects of our lives that remain unbaptized, as we near the celebration of the Birth of our Savior this Christmas. Happy Holidays!! *Kala Xpistougenna kai Eutichismenos o Kainourgios Xponos!!* Thank You and Let's Build Our Cathedral!!

Perri Nager's remarks: Good morning. As I consider my own

## THE IMPORTANCE OF COMMUNITY LINK

**O**ne of the greatest programs offered by the Cathedral is the one which is called Community Link. We call it "one of the greatest" because it is at the heart of what we are about, as the Church of Christ: linking ourselves, in the community of the Church, to Christ, and to one another. Members of Community Link simply go out and visit hospitalized, institutionalized, home-bound, or otherwise incapacitated Orthodox Christians. By visiting, they are helping share God's love. They are, in fact, declaring, "we care for you...we miss you...we love you...you are in our thoughts and prayers." Community Link supplements the work that the clergy perform when they go out and distribute Holy Communion to these individuals. We cannot tell you how thankful we are for Community Link and for the vital ministry it offers. Consider "linking" yourself to this ministry. Communicate with **Caroline Pappajohn**, who has headed the program since its inception. Her contact information is, [carolinepappajohn@gmail.com](mailto:carolinepappajohn@gmail.com)



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stewardship today, I am reminded that I have been a part of the Annunciation family for nearly my entire life. As with families, the basic structure of things has sometimes changed, and with each change comes new challenges and growth. Yet, at the end, this continued relationship is at the essence of who I have become. I realize that who I am is reliant upon my connection to my faith and ultimately my connection to Christ. Whatever devotion I hold for this house, comes and grows through Him. It is within this relationship that my commitment to the Annunciation has been built.

Each of us finds different meaning and each of us experiences different manifestations that result through individual connections to this Cathedral. We all come to worship yet, by the same token, we all find something that pulls at our heartstrings. Still, we ultimately come to partake in church life with our families, our friends, and our community; to share in joyous moments or in times of pain, to share in glad times, and sometimes to share in sorrow. We watch as our children grow, become involved in youth programs, and ultimately capture what is meaningful for them as they move into adulthood. The ultimate goal is to come together to become one with God for this is where we find strength.

Becoming one with Him is reliant upon doing His will, His way. God calls upon us to fulfill our lives as He has intended for us. He calls upon us to be Stewards of those things that we love. Everything that exists is through God for He cares about us and provides for us. Many of you are parents, taking care of children while others are children taking care of parents. Others of you are children caring for hamsters, cats, dogs, fish, or birds. And still, most of us care for our homes, our toys, and all of our belongings. We all care for those things in life that we have been called upon to care for, and that we need and want to care for. You and I do this because of our love and because of our faith. We are, then, Stewards, and we are ready to do whatever it takes to care for the people, pets, toys, and everything else that is a part of who we are.

Just as we are stewards of those who we love, and those things that are important to us, so are we Stewards of the Cathedral. It is only through our strength in serving this church that it will continue to thrive and to serve as a platform for coming together to live life as God intended for us. I know that we all love this church – in doing so, we must in turn care for it just as we would our families, pets, and belongings. This means that we remain engaged, remain active, help wherever we are needed, contribute new ideas for growth and development, and provide for the church financially. Stewardship, as I see it, takes more than a simple contribution. It takes an open heart and a sincere commitment – even a sacrificial commitment as we have recently heard from Fr. Anthony Scott. It is intended to be a powerful resolution that is continual and that should be embraced and reflect ideals. As always, each of us shall decide what our Stewardship commitments will be this year. I don't speak only in the financial sense, but in the sense of caring as we do for all else in life. If we truly plan to make a difference, imagine how much we will be able to achieve.

In Deuteronomy (15:10 ESV) it is stated "You shall give to him freely, and your heart shall not be grudging when you give to him, because for this the Lord your God will bless you in all your work and in all that you undertake."

The essence of this passage is that God will always provide and will not set us aside. He relies on us to continue to be Stewards of all that is His. As he breathed life into us, so will He continue to provide for us as we care for our Cathedral programs and our united home here. Through continued faith, through continued prayer, through continued working for what is right and for what we believe in, I know that God's light will illuminate the path upon which we grow and thrive. There is everlasting life through your continued caring and Stewardship.

In today's gospel reading, Jesus, in speaking to the inquisitive lawyer, told him the story of the man who was going from Jerusalem to Jericho– the man had been robbed and

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## **JUNIOR VARSITY BASKETBALL PRACTICES THURSDAY EVENINGS**

Junior Varsity basketball practice takes place on Thursday evenings, beginning at 7 p.m. Boys and girls, ages 7 to 14, are invited to participate in this junior varsity program. We note that, due to the fact that there are not a lot of youth in this age range (most are either older or younger), our A, B, and C teams are impacted. Therefore, we especially urge parents of children in this age range to sign their children up for this program. It is not too late. We cannot stress enough how important it is for children to be a part of the church community. Last month, we noted how children's experiences in church programs, growing up, along with the friendships they make, ground them for life. But, that's all we can do: "tell it like it is" and urge you, the parents, to consider how important church life is. The rest is up to you: the decision to enroll your children in our various programs, to drive them, to encourage their participation, etc. Please take our invitation seriously, and let us hear from you.





## Services & Sacraments At The Cathedral

### BAPTISM

The son of Yohannes Yfiter Tesfai and Semhar Amlesom Tesfalidet was baptized at the Cathedral on December 18, and was given the name Essey Yfiter by his Godparent, Binyam Teklizhg.

Na Mas Zisi! (Long Life!)

### WEDDING

The marriage of Tom Prountzos and Christine Nicole Rueckert was blessed on November 28, 2010. The sponsor of their marriage is Aspasia Iosefelis.



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beaten and left on the side of the road. Two people came walking by the man as he lay there yet did nothing to help him. The Samaritan not only had mercy on him, but also took him and saw to it that he would be cared for. The Samaritan essentially was a steward toward his fellow man. He cared about taking care of this person - a perfect stranger - in the same way that we care for those things that we know and love. How glad God must be when we act as Stewards of those things that He has created and which He has bestowed upon us as gifts. It is not essential that we care for, nurture, and love them the way the Samaritan did for this stranger?

As we embark on a new and exciting time, a time to rethink all things ranging from our building hopes to our programs, and from our children to our community, it is vital to think about how we can work together through our shared commitments to not only to build on our hopes, but to reach and exceed our dreams, through our stewardship.

Today marks the beginning of new life for the coming year in our Cathedral. This day is one in which we ask ourselves what the true meaning of Stewardship is. I know that if you look around you, you will see it. The Cathedral doesn't thrive through its walls, offices, and halls; it thrives through caring, faithful and loving hearts. It thrives through the knowledge that through Christ, anything is possible. It thrives through the caring souls who keep giving even when times are hard. It thrives through the caring hearts that bring light and love to others. It thrives through our children's inquisitive minds and warm smiles that always make us feel happy. I know

in my heart that Christ asks us to Come and See, see what we can do if we truly believe. Stewardship is life through Christ. It is coming together as one. It is sharing all of the gifts we have received with our brothers and sisters. It is what we should remember when we come together to glorify the One who continues to provide for us.

In order to begin the process, I believe that we must look for renewal of our faith and of inner selves. We must ask ourselves difficult questions about what we give to the church, what time we will allow ourselves to spend here, which of our personal attributes will we share with our community, and how will it all make a difference. We have embarked on the future for our children and grandchildren, not just for the coming year, but for the future. We would never be satisfied without knowing that we have left a legacy for them to take pride in and to provide for - that's what Stewardship is all about. It's about taking care of our past, our present, and our future. Stewardship is about giving from the heart and expecting nothing in return. It's about finding meaning in our lives that is founded on truth... that truth is Jesus Christ. I pray that His love will guide us through our journey together this coming year, and beyond.

In closing, I leave you with this passage from Matthew (6:31 - 33 ESV): "Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you."



## FOCUS ON YOUTH



Our GOYA Caroling at Domineck's Care Facility- December 20

### CATHEDRAL YOUTH FACEBOOK PAGE PASSES 100 MEMBERS!

**T**his month, the Annunciation Cathedral's youth page just passed over 100 members! Each one of these members is a young person from the Cathedral who has a Facebook page, as well as a few parents of Cathedral youth who are on Facebook. The page was created two years ago to offer youth in the community news, pictures, and updates on youth events, and has been growing steadily each month. Thanks to all those who support our Cathedral youth ministries!

### GOYA NEWS

**D**ecember was another active month for our Cathedral GOYA! Two GOYA events were held, the first of which was a movie night at the **Misthos** home in Pacifica on December 10. Our Cathedral GOYAns enjoyed a delicious dinner and desserts and then watched "Inception."

On December 20, our GOYAns met at the cathedral in the evening for pizza, then went Christmas caroling at Dominique's Senior Care facility, and ended the evening with a stop at the **Canellos** home for hot cocoa and dessert. Thanks again to **Mike and Tina Misthos** and **Mike and Ellen Canellos** for their hospitality on both occasions, and to our GOYA leaders **Harry Misthos** and **Katerina Loufas** for coordinating these events!

GOYA is for all youth between grades 7-12, and meets the third Monday of every month. If you know of anyone who would like to know more about GOYA events in the future, please contact **Deacon Niko Bekris** at [deacon@annunciation.org](mailto:deacon@annunciation.org) or visit the Youth of Annunciation Cathedral San Francisco Facebook group page.

### JOY NEWS

**L**ast December 14, our Cathedral JOY group (grades 3-6) met at the home of **Chris and Irene Kyriacou** in Belmont, and ten JOY kids came to our meeting. In addition to pizza, Christmas cookies, and a game, our group watched scenes from "Alice in Wonderland" and "The Nativity Story." Deacon Niko and the group briefly discussed the nature of Christmas and Jesus' coming, and what we believe about the event as Orthodox Christians.

JOY is held on the first Tuesday of every month, however next month, JOY will be held on January 11 (because of the holidays), at the **Pezo** home. If you know of anyone who has a child between 3-6 grades and would like to join this wonderful new ministry, please contact **Deacon Niko Bekris** at [deacon@annunciation.org](mailto:deacon@annunciation.org).





Our Young Adults at Dino's Pizza- December 17

## YOUNG ADULTS

Last month, our monthly young adult dinner was held on December 17 at Dino's Pizza in San Francisco. Because this dinner was for the month of December, each member of the group brought a small gift and we had a Kris Kringle/White Elephant exchange, and Deacon Niko said a few words about the Nativity season from the Orthodox perspective. Our young adult group continues to get healthy turnouts, with new faces each month, which is wonderful to see. Thanks to all who have participated in this wonderful outreach program.

Our young adult group meets the second Thursday of every month for a social event of some kind, and the last Thursday of every month for dinner (except in December we combined the two because of the holidays). For more information on this program, please contact Deacon Niko Bekris at [deacon@annunciation.org](mailto:deacon@annunciation.org) or visit the Youth of Annunciation Cathedral San Francisco Facebook group page.

## DANCE GROUPS MEET, ELECT OFFICERS

The Cathedral's dance group representatives met on December 5th and re-organized. The Dance Group board, which considers all matters, from content to fund raising, consists of one director, elected by the directors, and one parent, elected by the parents, of each of the dance groups. Lea Lyberopoulos was elected President; Nicole Georgiou was elected Vice-President; Tessie Calligeros was elected Secretary; and Irene Kyriacou was elected Treasurer. The remaining members of the Board are: Chrisoula Pezo and Chrisoula Novo. Athena Stavrakaras continues as General Director, with oversight responsibilities for the whole dance program. Ultimate oversight, as well as decision making, rests with the Cathedral Dean, in accordance with the Archdiocese Regulations. The group will meet next on January 6, at 7:30 p.m.

WHY IS THE LORD'S PRESENCE PROMISED TO TWO OR THREE?

BECAUSE THERE, WHERE TWO OR THREE ARE GATHERED

IN THE NAME OF CHRIST, IS THE CHURCH, THE UNION OF FAITH AND LOVE;

THERE IS MUTUAL LOVE.

SAINT JOHN OF KRONSTADT  
NINETEENTH CENTURY, RUSSIA





Absolutely "angelic" photos of our Sunday School children participating in the Cathedral's Sunday School Christmas pageant December 19. All photos by Natalie Schrik.

## SUNDAY SCHOOL KORNER

**D**enise Yeilding, Sunday School Principal, writes: As we complete another year, I look back and reflect on the many blessings of our Sunday school program. In 2010 we accomplished so many things. We have increased our class sizes of regular attendance, our special programs continue to draw families from all over the Bay Area, and we have a strong group of committed Sunday School teachers.

Our Christmas program was a huge success! Thank you to Chrisoula Pezo for her efforts spearheading the day's activities. Her committee did a great job as well: Meena Vellis (art n crafts), Natalie Schrik (photography), Callie Fousekis (music), Mike Canellos (décor and food). Our Food Drive had record breaking donations this year and we were able to exceed our goals. Thank you to a very giving community. January 2011 promises to be the beginning of a great year! We begin the year with plans for a fruitful Oratorical Festival. Topics are already available online at [www.goarch.org](http://www.goarch.org). Parents are encouraged to get their children involved in this very rewarding program. Details to come next month, with our festival in March.

Calling for help and parent/grandparent volunteers to help with Easter activities. Please contact **Denise Yeilding** at [dyeilding@yahoo.com](mailto:dyeilding@yahoo.com). Our Easter Activities will take 12-15 volunteers.

Please bring your children/ grandchildren to Sunday School on time. Lessons and art projects begin at 10:30am. Instruction is for one hour and then the children are escorted to communion. Think about including a New Year's resolution for spirituality and religion to be a top priority in your family's busy list of things to do. A strong spiritual base is important in this day for our children as there are so many temptations in school.



*Happy New Year!*



The PAA Chapter of Epimenides/Ariadne Proudly presents

# A CRETAN GLENDI

Live Music Directly from Crete

GIORGIOS  
MAGGELAKIS  
and his Orchestra

Saturday, January 22, 2011

Annunciation Cathedral

245 Valencia ST, SF (VALET PARKING)

6:00 p.m. cocktails (no-host Bar)

7:00 p.m. dinner and dancing

Ticket Prices:

\$50.00 / \$30.00 (under 18)

Proceeds benefit the Kazantzakis Chair,

Center for Modern Greek Studies, SFSU

Reserve your tickets by calling, emailing or sending in the RSVP below by January 10, 2011

Diane Kounalakis at [kounalakis@comcast.net](mailto:kounalakis@comcast.net) or call 650-343-6214 / Olga Daskalakis at [olgadaskalakis@sbcglobal.net](mailto:olgadaskalakis@sbcglobal.net) or call 650-343-6711

Kathy Craighead at [kcraighead@msn.com](mailto:kcraighead@msn.com) 650-697-6714 / Voula Fanourakis at [boubabeach@yahoo.com](mailto:boubabeach@yahoo.com) 650-873-7299

We have special rates at local hotels.

Please RSVP by January 10th

Name \_\_\_\_\_ Phone \_\_\_\_\_

Number of tickets: Adults \_\_\_\_\_ Under 18 \_\_\_\_\_

Make checks payable to Epimenides/Ariadne Chapter and mail to  
836 Fairfield Road, Burlingame, CA 94010

If you would like to put a table together,  
please list the names of your guests here:

What saves and makes for good children is the life of the parents in the home. The parents need to devote themselves to the love of God. They need to become saints in their relation to their children through their mildness, patience and love. They need to make a new start every day, with a fresh outlook, renewed enthusiasm and love for their children. And the joy that will come to them, the holiness that will visit them, will shower grace on their children.

– Father Porfirios,  
On the Upbringing of Children

Words hammer at the ears, but prayer goes to the heart. Prayer is required, with faith and without anxiety, along with a good example.

– Father Porfirios,  
On the Upbringing of Children

Love demands sacrifices and very often sacrifice of time.

– Father Porfirios,  
On the Upbringing of Children

The human family constitutes the primary and essential element of human society. Peace in society will be a direct result of peace in the family.

Saint John Chrysostom  
Fourth Century, Antioch

## DANCE GROUPS TO BENEFIT FROM CRETAN GLENDI, TO TAKE PLACE ON JANUARY 22

On Saturday, January 22, a Cretan glendi, featuring Giorgios Maggelakis, will take place at the Cathedral's Korinthias Hall. Inasmuch as parents and dancers from the Cathedral's dance group program are working to provide set-up, food, and the like, the dance group program will benefit from its participation. This will help greatly with expenses in connection with the Folk Dance Festival, costumes, workshops, and the like. We urge everyone to help. Meanwhile, we encourage attendance at the event. The particulars are spelled out in the flyer, which appears below. In any case, January 22 promises to be a wonderful evening, both because this is an opportunity for people to hear and dance to genuine Cretan music, as performed by musicians from the island of Crete, and because this is a fund raiser for the Cathedral's dance group program.

Prayer is the test of everything.  
If prayer is right, everything is right.

Bishop Theophan the Recluse  
Nineteenth Century, Russia

Let your prayer be completely simple, for both the Publican and the Prodigal Son were reconciled by a single purpose.

Saint John Climacus  
Sixth Century, Mount Sinai

As a bird without wings, as a soldier without arms, so is a Christian without prayer.

Saint Tikhon of Zadonsk  
Eighteenth Century



# J A N U A R Y C A L E N D A R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						Greek School, 10 a.m. Eritrean School, noon to 2 p.m.
2	3	4	5	6	7	8
St. Basil's/Feast of the Circumcision Orthros 9 a.m. Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Sunday School 10:30 a.m. Dance practice 12-1 p.m.		Dance practice, 7 p.m. to 9:30 p.m.	Great Hours, 9 a.m., Vespers Liturgy, 10 a.m.	THEOPHANY Dance Board, 7:30 a.m. Orthros, 9 a.m. Blessing of the Waters, 10:15 a.m. Liturgy, 10:30 a.m. Basketball practice, 7 p.m.		Greek School, 10 a.m. Eritrean School, noon to 2 p.m.
9	10	11	12	13	14	15
Parish Council Oath of Office Parish Vasilopita Orthros 9 a.m. Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Sunday School 10:30 a.m. Dance practice 12-1 p.m.		Dance practice, 7 p.m. to 9:30 p.m.	Capital Campaign Committee, 7 p.m.	Philoptochos, 1 p.m. Basketball practice, 7 p.m.		Greek School, 10 a.m. Eritrean School, noon to 2 p.m.
16	17	18	19	20	21	22
Orthros 9 a.m. Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Sunday School 10:30 a.m. Dance practice 12-1 p.m.	St. Anthony Divine Liturgy, 10 a.m.	St. Athanasios Divine Liturgy, 10 a.m. Dance practice, 7 p.m. to 9:30 p.m.	Parish Council, 7 p.m.	Basketball practice, 7 p.m.		Greek School, 10 a.m. Eritrean School, noon to 2 p.m. Cretan Glendi
23	24	25	26	27	28	29
Orthros 9 a.m. Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Sunday School 10:30 a.m. Dance practice 12-1 p.m.		Dance practice, 7 p.m. to 9:30 p.m. Festival Committee, 7 p.m.			Crab Feed	Greek School, 10 a.m. Eritrean School, noon to 2 p.m.
30	31					
Orthros 9 a.m. Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Sunday School 10:30 a.m. Dance practice 12-1 p.m.						





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## FAMILY PRAYERS

### PRAYER BEFORE MEALS

+In the name of the Father and the Son and the Holy Spirit. Amen.

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth, as it is in heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

The hungry shall eat and be satisfied. Those who seek after the Lord shall praise him, their hearts shall live forever.

Christ, our God, bless the food and drink of your servants, for you are holy, now and always and to the ages of ages. Amen.

### PRAYER AFTER MEALS

We thank you, O Christ our God, that you have satisfied us with your earthly gifts; deprive us not of your heavenly kingdom, but as you came among your disciples, O Savior, and gave them peace, come to us and save us.

Blessed is our God who nourishes us and shows mercy to us with his abundant gifts, through his divine grace and love for mankind. Amen.

### PRAYER FOR PARENTS

O Merciful Lord God, you have commanded us to honor father and mother. Have mercy upon my parents. Protect them from all evil, harm, and sickness. Grant them health and shower them with your abundant blessings. Bless their efforts and deeds that both they and I may be worthy to praise and serve you. Amen.

### PRAYER OF HUSBANDS AND WIVES

Lord Jesus Christ, by your presence you blessed the wedding in Cana and showed us that you are the true priest of mystical and pure marriage. WE thank you for the day on which by your heavenly benediction you joined us in the sacrament of matrimony. Lord, continue to bless and enrich our marriage in love, companionship, mutual support, oneness of heart, and progress in faith and life. Protect our holy wedlock from sin, evil, and danger. Foster between us the spirit of understanding, the spirit of forgiveness, and the spirit of peace, that no resentment, quarrel, or other problem cause us to stumble and fall. Grant us to see our own faults and not to judge each other. Keep our bond of love always new. Gladden our hearts with the joys of marriage, that with one heart we may praise and glorify you. Amen.

### PRAYER OF A SINGLE PERSON

O blessed Lord, grant that I may remain constant in virtue and innocent in thought, word or deed, doing such things only as are well-pleasing to you. Strengthen me when temptations strike. Grant me faith, courage, love, and growth in wisdom and understanding, that I may serve you in holiness all the days of my life, through the prayer of your Mother all pure, of my patron saint (Name) and of all your saints. Amen.

### PRAYER BEFORE TRAVEL

O Savior, as you journeyed with Luke and Cleopas on the road to Emmaus, journey also with your servants, defending them from all evil. Surround them with your holy angels. Grant that they may carry out their plans according to your will, for you alone are almighty and love mankind. Amen.

### PRAYER OF A CHILD

Our Father in heaven, bless my parents, guardians, and those in authority over me, for the love, tender care, and benefits I receive at their hands. Grant me your grace to perform my duties carefully and faithfully, avoid undesirable company and influence, and resist all temptation that may come my way, living a sober, righteous, and Godly life, ever praising you and glorifying your holy name. Amen.

### PRAYER AFTER RISING FROM SLEEP

+In the name of the Father and the Son and the Holy Spirit. Amen.

Having risen from sleep, we fall before you, O good One, and sing to you, mighty One, the angelic hymn: holy, holy, holy are you, O God. Through the prayers of the Theotokos, have mercy on us.

+ Glory to the Father and the Son and the Holy Spirit. Having roused me from sleep and bed, O Lord, enlighten my mind and open my heart and lips that I may sing to you, Holy Trinity: Holy, holy, holy are you, O God. Through the prayers of the Theotokos, have mercy on us.

+Now and forever and to the ages of ages. Amen. Suddenly the Judge will come and everyone's deeds will be revealed. But with awe we cry out in the middle of the night: Holy, holy, holy are you, O God. Through the prayers of the Theotokos, have mercy on us.

O Master God, Almighty Father, Only-Begotten Son, Lord Jesus Christ, and Holy Spirit—one God and one might. Have mercy upon me a sinner, and save me your unworthy servant according to the ways of your wisdom. For you are blessed now and forever. Amen.



Lord, grant me to greet the coming day in peace. Help me in all things to rely upon your holy will. In every hour of the day reveal your will to me. Bless my dealings with all who surround me. Teach me to treat all that come to me throughout the day with peace of soul, and with the firm conviction that your will governs all. In all my deeds and words, guide my thoughts and feelings. Let me not forget that all unforeseen events are sent by you. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day and all that it might bring. Direct my will, teach me to pray, pray yourself in me. Amen.



Breakfast is one of the most neglected meals, yet it is important because it takes place at the beginning of the day. During those hours the family often seems to be simply running a relay race, to get everyone ready in time for work or school. Nonetheless, apart from morning prayer, which goes without saying, it would benefit children to begin the day with even five minutes' experience of their mother's and father's concern, love, and interest in what everyone is going to do that day. When a child leaves for school the mother can bless him, or pray: "God bless" or "the Mother of God be with you." All this does not only further psychological security; it is a safeguard against any negative influences the child may meet, and it is a link between the two worlds of home and school.

Sister Magdalen

Children in the Orthodox Church Today

Do not refuse a request to pray for the soul of another, even when you yourself lack the gift of prayer. For often the very faith of the person making the request will evoke the saving contrition of the one who is to offer the prayer.

Saint John Climacus

Sixth Century, Mount Sinai

Prayer is the strength of the body,  
The prosperity of the household,  
The good order of the city,  
The might of the Kingdom,  
The victory in war, the security in peace,  
The unity of those divided,  
The constancy of those united.

Saint Gregory of Nyssa

Fourth Century

O radiant light of holy glory, the immortal Father, heavenly and holy, blessed Jesus Christ. And now that we have come to the setting of the sun with all the light of evening, we praise You the Father, Son, and Holy Spirit,

One God. It is worthy at all times to praise You, with voices of holy song, O Son of God and giver of life, the world does glorify You.

Vespèral Hymn: O radiant Light, Phos Ilaron

The Orthodox Church has always placed great emphasis on fasting. We fast on Wednesdays because on this day the decision was made to arrest Jesus. We fast on Fridays because it is the day on which Jesus was crucified. Fasting helps us remember that these are special days in the history of salvation.

Rev. Fr. Anthony Coniaris

Making God Real in the Orthodox Christian Home

Most Holy Theotokos, save us. I entreat you, O Virgin, disperse the storm of my grief, and the soul's most inward confusion, scatter it far from me. You are the bride of God, for you have brought forth the Christ, the Prince of Peace, O all-blameless one.

The service of the Small Paraklesis

Thank You, Lord, for your strength and guidance in my work. You are the fulfillment of all good things. Fill my soul with joy and gladness, that I may praise You always. Amen.

Marriage is more than human. It is a "microbasileia," a miniature kingdom, which is the little house of the Lord.

Saint Clement of Alexandria

Third Century

For the correct upbringing of your children: few words, much example, and more prayer are necessary.

Reverend Father Epiphanius Theodoropoulos  
Counsels for Life

An important part of a child's education is storytelling, since good stories excite the imagination and strengthen the bond between parent and child. Stories from the Bible are preferred, and the child should repeat them often, to underscore full comprehension.

Saint John Chrysostom

Fourth Century, Antioch



## PHILOPTOCHOS SOCIETY SCHEDULE OF EVENTS

### CRAB FEED ON JANUARY 28

Please refer to the flyer above and utilize it to make your reservations for our fabulous Crab Feed, sponsored by the Cathedral Ladies Philoptochos. The Crab feed will take place at the Cathedral on Friday, January 28, beginning with dinner at 6 p.m. and followed by dinner at 7:30 p.m. The Crab Feed is the largest source of income for the Cathedral Philoptochos. Accordingly, your participation helps support the ministries of the Philoptochos. Plus our crab feed features the best crab found anywhere. This is why this event continues to be a sell-out year after year. We look forward to welcoming you.

**The Annunciation Cathedral Ladies Philoptochos  
Society presents its:**

### **29th Annual Crab Feed**

**Friday, January 28, 2011**

**Cocktail Reception: 6:00 p.m.**

**Dinner: 7:30 p.m.**



**\$50.00 per person**

**Reservations will be secured only by receipt of payment**

**For Reservations call:  
Annunciation Cathedral at 415.864.8000**

**Attended Parking Available**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

**Please reserve \_\_\_\_\_ ticket(s) and/or \_\_\_\_\_ table(s)  
(Maximum 10 people per table. Include the names of all guests to  
be seated at the table)**

**Make checks payable to: Annunciation Philoptochos, Attn: Crab Feed  
Please mail completed reservation form and check by January 10<sup>th</sup> to:  
Annunciation Cathedral: 245 Valencia Street San Francisco, CA 94103**



# PHILOPTOCHOS CALENDAR OF EVENTS

Please make note of the following Philoptochos activities, through May, 2011:

Friday, January 7	9:00 a.m.	Prepare Vasilopitas
Sunday, January 9	12:00 noon	Vasilopita and Brunch
Thursday, January 13	1:00 p.m.	General Meeting
Friday, January, 28	6:00 p.m.	Crab Feed
Thursday, February 10	1:00 p.m.	General Meeting
Thursday, March 10	1:00 p.m.	General Meeting
Friday, March 25	12:00 noon	Annunciation Luncheon
Thursday, April 14	1:00 p.m.	General Meeting

Holy Week: Baking of Paschal Breads, Dying of eggs

Sunday, April 24	Holy Pascha	
Saturday, May 7	11:00 a.m.	Mother's Day Luncheon
Thursday, May 19	1:00 p.m.	Elections for 2011-13 term

## ΕΛΑΤΕ ΚΑΙ ΔΕΙΤΕ

Έτσι λέγεται το πρόγραμμα οικονομικής ενίσχυσης του Καθεδρικού Ναού. Όπως είπε ο Φίλιππος στον Ναθαναήλ, έρχου και ίδε (για τον Χριστό), έτσι λέμε και μεις στους πιστούς μας, ακόμα και σ' αυτούς που δεν πιστεύουν η που έχουν απομακρυνθεί από την Εκκλησία, ελάτε και δείτε. Ελάτε και δείτε τι θα πει Ορθόδοξη Χριστιανική οικογένεια. Ελάτε και σεις να γίετε ενεργά μέλη αυτής της εκκλησιαστικής οικογένειας. Ήδη λάβατε, όπως και πέρυσι, ενημερωτικά φυλλάδια, που περιγράφουν το πρόγραμμα αυτό της ενισχύσεως του Καθεδρικού Ναού, για τον οποίο σεις, σαν μέλη αυτής της οικογένειας, φροντίζετε. Με τη σειρά του, ο Καθεδρικός Ναός συμβάλλει στην ενίσχυση της Ιεράς μας Αρχιεπισκοπής. Αυτή ενισχύει και το Οικουμενικό μας Πατριαρχείο, και την Ιερά Μητρόπολη του Αγίου Φραγκίσκου, δηλαδή την παγκόσμια Εκκλησία. Διότι, έτσι, αισθανόμαστε πραγματικά, ότι η παγκόσμια Ορθοδοξία αποτελεί το ένα σώμα του Χριστού, αυτή την οικογένεια που Αυτός ο ίδιος ίδρυσε με το αίμα Του. Παρακαλείσθε επομένως όπως εκφράσετε την ενίσχυσή σας με πάθος πίστης, με ελπίδα και πάντα με αγάπη.

Ευχαριστούμε όλους όσοι εδήμωσαν την συμμετοχή τους την Κυριακή 5 Δεκεμβρίου., Σε περίπτωση που δεν μπορούσατε να παρευρεθείτε ώστε να καταθέσετε την κάρτα σας αυτοπροσώπως, δύνασθε όπως την αποστείλετε ταχυδρομικά ή όπως τη φέρτε μαζί σας στην εκκλησία την Κυριακή 2, 9, ή 16 Ιανουαρίου. Θα θέλαμε να περιληφθεί και το δικό σας όνομα στον κατάλογο ενεργών μελών του Καθεδρικού Ναού, που θα τυπωθεί στο δελτίου του Φεβρουαρίου.

## ΚΡΑΜΒ ΦΙΝΤ ΣΤΙΣ 28 ΙΑΝΟΥΑΡΙΟΥ

Το καλύτερο καβούρι που υπάρχει στον Άγιο Φραγκίσκο (έτσι λένε πολλοί) σερβίρεται στον Καθεδρικό Ναό, σε σχετικό δείπνο που προσφέρει η Κοινότητα του Καθεδρικού Ναού, μέσω της Φιλοπτώχου Αδελφότητας. Ας παρευρεθούμε όλοι, έτσι ενισχύοντας και το έργο της Φιλοπτώχου, η οποία φροντίζει για τους φτωχούς, για την παιδεία, και για τόσα άλλα, ακόμα και για την οικοδομή του νέου μας Ναού. Σε άλλο μέρος του παρόντος δελτίου δύνασθε να συμπληρώσετε το σχετικό έντυπο, το οποίο παρακαλείσθε όπως επιστρέψετε όσον το δυνατόν πιο γρήγορα, έτσι εξασφαλίζοντας τις θέσεις σας.



## ΓΙΟΡΤΗ ΤΗΣ ΒΑΣΙΛΟΠΗΤΤΑΣ ΣΤΙΣ 9 ΙΑΝΟΥΑΡΙΟΥ

Στις 9 Ιανουαρίου θα κόψουμε τη Βασιλόπηττα και καλούμε όλους όπως παρευρεθούν στην γιορτή αυτή. Την γιορτή αυτή την οργανώνει η Φιλόπτωχος Αδελωφότητα του Καθεδρικού Ναού, η οποία προσφέρει είδος γεύμα.

## ΑΠΟΤΕΛΕΣΜΑΤΑ ΚΟΙΝΟΤΙΚΩΝ ΕΚΛΟΓΩΝ

Στις κοινοτικές εκλογές, που έλαβαν χώρα στις 19 Δεκεμβρίου, εξελέγησαν οι: Παναγιώτα Αλεξοπούλου, Γιώργος Αμπαδιωτάκης, Δημήτρης Δαριώτης, Κώστας Νικολακάκης και Νίκος Ράλλης. Αυτοί, μαζί με τα οκτώ μέλη που εξελέγησαν πέρυσι, δηλαδή το 2009, θα αποτελέσουν το νέο Κοινοτικό Συμβούλιο για το τρέχον έτος, 2011, αφού οι εκλογές εγκριθούν από τον Σεβασμιώτατο Μητροπλίτη μας, κ. Γεράσιμο, αφού ορκισθούν, αφού εκλέξουν τους αξιωματούχους του Συμβουλίου, και, τελευταία, αφού ονομάσουν δύο καινούργια μέλη του Συμβουλίου, ώστε το Κοινοτικό Συμβούλιο να έχει 15 μέλη, σύμφωνα με το καταστατικό της Κοινότητας.



## PRAYER AT BED TIME

+In the name of the Father and the Son and the Holy Spirit. Amen.

Now that the day has come to a close, I thank you, Lord, and entreat that the evening and the night be sinless. Grant this to me, Savior, and save me.

+ Glory to the Father and the Son and the Holy Spirit.

Now that the day has passed, I glorify you, Master, and I entreat that the evening with the night be without offense. Grant this to me, Savior, and save me.

+Now and forever and to the ages of ages. Amen.

Now that the day has ended, I praise you, Holy One, and entreat that the evening and the night be undisturbed. Grant this to me, Savior, and save me.

Lord our God, whatever sins I have committed this day, in word, deed or thought, forgive me, for you are good and love all people. Grant me a peaceful and undisturbed sleep. Protect me from every abuse and plot of the evil one. Raise me up in due time that I may glorify you, for you are blessed, together with your only begotten Son, and your all holy Spirit, now and forever and to the ages of ages. Amen.

Psalm 22 (In Orthodox Scripture; Psalm 23 in Protestant Bibles)

The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures; he leadeth me beside the still waters. He restoreth my soul; he leadeth me in paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

Under the protection of your wings I shall be covered and fall asleep, for in you only, Lord, does my hope lie. Into your hands, O Lord, I commend my soul and my body. Do bless me, do have mercy on me, and grant me eternal life. Amen.

